

## COPorcupineMeatballs/BrownGravy10

Number of Servings: 10 (175.79 g per serving)

Amount	Measure	Ingredient
1 1/2	oz	Margarine, 80% fat, unsalted, stick
5/8	tsp	Spice, onion, pwd
1/4	tsp	Spice, pepper, black
5/8	tsp	Herb, marjoram, leaves, ground
1/4	tsp	Herb, thyme, ground
9 1/2	Tbs	Flour, all purpose, white, bleached, enrich
2 1/2	cup	Broth, beef, clear, rducd sodium, rts, cnd
2.00	lb	Beef, ground, hamburger, raw, 5% fat
9 1/2	Tbs	Onion, white, fresh, chpd
3/4	cup	Rice, white, long grain, enrich, dry
1.00	tsp	Spice, pepper, white

### Nutrients per serving

Nutrition Facts	
Serving Size (176g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 170mg	7%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 22g	
Vitamin A 4%	Vitamin C 2%
Calcium 2%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

PREPARE BROWN GRAVY TO SERVE WITH MEATBALLS (first 7 ingredients):

Melt margarine. Stir in spices and flour. Cook, stirring occasionally, until mixture is lightly browned. Gradually stir in broth.

Cook stirring constantly until thickened.

Serve 2 oz (1/4 cup) per serving

1 serving = 0 CS unless more than 1/4 cup is served.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

#### Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Mix ground beef, onions, uncooked rice and pepper. Form mixture into 4 oz meatballs using a #8 scoop (weigh one meatball when forming to determine if roundness of scoop is needed to = 4 oz).

Place onto lined sheet pans and bake at 350 degrees F for one hour and until meatballs reach an internal temperature of 160 degrees F. Combine meatballs with Brown Gravy prepared for the same # servings as the yield of the Porcupine Meatballs recipe being prepared.

1 serving = 1 meatball served covered with/served with ~2 oz gravy = 1 CS

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